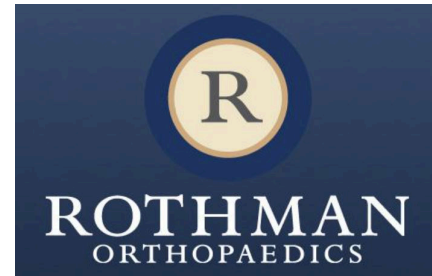


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**Snapping Scapula Debridement Physical Therapy Protocol/Prescription**

Name \_\_\_\_\_

Diagnosis s/p RIGHT/LEFT Debridement of Snapping Scapula

Date of Surgery \_\_\_\_\_

Frequency: \_\_\_\_\_ times/week Duration: \_\_\_\_\_ Weeks

\_\_\_\_\_ Weeks 1-4:

Sling for four weeks

Pendulums allowed after first postoperative visit

Encourage hand, wrist, elbow ROM, grip strengthening

\_\_\_\_\_ Weeks 4-6:

Begin AAROM, isometrics, for rotator cuff, deltoid

ADLs around the house without sling

Continue to wear sling in public for 6 weeks

\_\_\_\_\_ Weeks 6-3 Months:

Global AROM

Theraband Exercise for rotator cuff, deltoid, scapular rotators

Expectation: Return to work and sport at full activity averaged 3.5 to 4.5 months

Comments:

\_\_\_\_\_ Functional Capacity Evaluation \_\_\_\_\_ Work Hardening/Conditioning  Teach HEP

Modalities

Electric Stimulation \_\_\_\_\_ Ultrasound \_\_\_\_\_ Iontophoresis \_\_\_\_\_ Phonophoresis \_\_\_\_\_ TENS

Heat before  Ice after \_\_\_\_\_ Trigger points massage  Therapist's discretion

Signature \_\_\_\_\_ Date \_\_\_\_\_